

DIABETES COSTS (INTERPERSONAL) AND MENTAL HEALTH



Mental Health and diabetes is hardly ever mentioned in the media. There is a link between the two and yet this is largely ignored.

PERSON WITH TYPE 1 DIABETES MELLITUS
AGE 25-29, SOUTH AFRICA



World Health
Organization

DIABETES COSTS (INTERPERSONAL) AND MENTAL HEALTH



I guarantee that if a person is struggling with mental health issues that their diabetes control will not be optimal.

PERSON WITH TYPE 1 DIABETES MELLITUS
AGE 25-29, SOUTH AFRICA



World Health
Organization

DIABETES AND MENTAL HEALTH



What is not talked about is the sheer effort it takes to keep myself alive. I am constantly making decisions based on what my sugar levels are.

SAMEER, AGE 30, INDIA
PERSON WITH DIABETES



DIABETES AND MENTAL HEALTH

There is no off switch. And even if I do everything by the book, there's no guarantee that my sugars will ever behave. Some days it follows logic, other days it seems like a dice is being rolled.



SAMEER, AGE 30, INDIA
PERSON WITH DIABETES

